

DINNERLY



Chicken Katsu Burger with Carrot and Spring Onion



30 minutes



2 Servings

Here's the ever-popular chicken katsu, but in burger form – two mouth-watering favourites combined into one! Use our cheat's method to quickly coat the chicken in panko crumbs, roast to golden perfection, then sandwich between soft rolls.

WHAT WE SEND

- 1 carrot
- 1 spring onion
- free-range chicken thigh fillets
- 20g panko breadcrumbs ¹
- 50g baby spinach leaves
- 2 white bread rolls ^{1,6}

WHAT YOU NEED

- 3 tsp olive oil
- 2 tbs mayonnaise ³
- 1 tbs soy sauce ⁶
- 1½ tsp white vinegar
- 1½ tsp honey
- 1 tbs barbecue sauce

TOOLS

- 2 oven trays
- baking paper
- vegetable peeler

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 695kcal, Fat 33.5g, Carbs 59.5g, Proteins 36.8g



1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Peel the **carrot**, then peel into ribbons with a vegetable peeler. Halve the **spring onion**, then thinly slice lengthwise.



2. Crumb and roast chicken

Put the **chicken** on the lined tray, lightly brush all over with **olive oil**, then season with **salt and pepper**. Put the **breadcrumbs** and **1 tsp olive oil** in a bowl. Rub the oil into the breadcrumbs with your fingers until combined, then press onto the chicken. Roast for 18-20 mins until golden and cooked through.



3. Make sauce and dressing

Meanwhile, put **2 tbs mayonnaise** and **1 tsp soy sauce** in a small bowl and stir to combine (see Make it yours). Put **3 tsp soy sauce**, **2 tsp olive oil**, **1½ tsp white vinegar** and **1½ tsp honey** in a large bowl. Season with **salt and pepper** and whisk to combine.



4. Grill bread rolls

Remove the chicken from the oven and turn the oven to grill mode. Cut the **bread rolls** in half. Put on an oven tray, cut side up, and grill for 1-2 mins until lightly toasted. Meanwhile, add the **carrot** and **spinach** to the **dressing** and gently toss to combine.



5. Assemble and serve up

Spread the cut sides of the **bread rolls** with **1 tbs barbecue sauce**. Top the bases with some **carrot salad**, then the **chicken**. Drizzle with the **mayo sauce**, scatter with the **spring onion**, then sandwich with the tops. Serve with the **remaining carrot salad** and enjoy!



6. Make it yours

Add extra Japanese flair and stir a little wasabi into the mayo sauce for a burst of horseradish heat, or add a squeeze of fresh lemon juice for a citrusy twist.